



Fitness & Wellness Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6 Call a friend or family member to check-in on them	7 30-minute walk	8 Get 8 hours of sleep	9 Cross something off your to-do list
10 Make a healthy meal for dinner	11 Call a friend or family member to check-in on them	12 Break a sweat	13 Go a full day without making any complaints	14 Try a new recipe	15 Call a friend or family member to check-in on them	16 Random Acts of Kindness
17 Read a book	18 25 minutes of Cardio	19 Have a tech-free evening	20 Pack a healthy lunch with a new food	21 Re-watch a favorite movie	22 Call a friend or family member to check-in on them	23 Drink 8 glasses of water
24 Do an exercise or fitness class video	25 Ask a co-worker or friend how they're doing	26 Random Acts of Kindness	27 Call a friend or family member to check-in on them	28 Compliment a co-worker or friend on something well done	29 Learn, read, or do something that is outside of your comfort zone	30 Take a walk and explore a new area in your neighborhood
31 De-clutter and organize a room, drawer, or closet in your home						